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2015 YEAR IN REVIEW

By **SHARON RENEE TAYLOR**
WRNMMC Public Affairs
Staff Writer

New construction, partnerships and continued integration led the way in 2015 for the “flagship of military medicine” – Walter Reed National Military Medical Center.

In May, nursing leadership announced a new Inpatient Clinical Education Department that allows specialized nurses to focus more strategically on ensuring quality patient care and ethical practices.

Integration of the respective departments of surgery at Uniformed Services University (USU) and WRNMMC in July established the new USU Walter Reed Surgery Department. The unity of effort provides a unique opportunity for advancing the National Capital Region as an Academic Health System as well as harnessing the immense resources between the two for outstanding clinical care, excellence in education and exceptional research.

The John P. Murtha Cancer Center of Excellence (MCC) and Inpatient



PHOTO BY MCI CHRISTOPHER KRUCKE

Pamela Quinn, a clinical nurse at the National Intrepid Center of Excellence (NICoE), is a second generation nurse, and recipient of the June DAISY Award.

Oncology at WRNMMC solidified their partnership in August with a ceremony marking the extension of extraordinary patient care that results from the alliance.

As WRNMMC continues to evolve, several new construction projects and renovations began in 2015 to allow the medical center to expand on its ability to continue to provide world-class patient care.

Project 130 (P130) looks to modernize and add additional capacity to the existing infrastructure that supports hospital facilities. A new walking trail outside the Tower (Bldg. 1) in the field facing Rockville Pike was constructed to support patient rehabilitation and staff fitness. Construction is also underway for a 650-space parking garage on the current H Lot parking area, slated for completion by late spring.

Patients, their family members, and WRNMMC colleagues nominated nearly 900 nurses and honored 12 with the DAISY Award for exceptional nursing in 2015. The Department of Nursing saluted nine RNs, two LPNs and one medic with the award, for which honorees are chosen monthly. DAISY stands for “Disease Attacking the Immune System,” and the award was created by the family of James Patrick Barnes in 1999 as a way to show appreciation of the nursing care they received during his hospitalization.

The Federal Library and Information Network awarded Darnall Medical Library (DML) at WRNMMC with Small



Changes in Leadership: WRNMMC Director B. Jeffrey B. Clark was promoted to major general and became director of healthcare operations at DHA.

Library of the Year. The national award for federal librarianship recognizes the many innovative ways that federal libraries, librarians and library techni-

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Maj. Gen. (Dr.) Nadja West Sworn in as Army Surgeon General

By **THE OFFICE OF THE SURGEON GENERAL OF THE ARMY**

The Senate confirmed Dec. 10 Maj. Gen. (Dr.) Nadja West to serve as the new Army Surgeon General and Commanding General, U.S. Army Medical Command (MEDCOM).

With the appointment as the 44th Surgeon General, West picks up a third star to become the Army's first black female to hold the rank of lieutenant general.

She most recently served as the Joint Staff Surgeon at the Pentagon. West's appointment as Army Surgeon General is effective immediately.

The Army Surgeon General provides advice and assistance to the Secretary of the Army and



PHOTO BY JOHN G. MARTINEZ

Maj. Gen. (Dr.) Nadja West is sworn in as 44th Surgeon General of the Army by Acting Secretary of the Army Eric Fanning. With the appointment, West also became commander of the U.S. Army Medical Command, and received a third star

Army Chief of Staff on all health care matters pertaining to the U.S. Army and its military health care system. West will

be responsible for development, policy direction, organization and overall management of an integrated Army-wide health

service system and is the medical materiel developer for the Army. These duties include formulating policy regu-

lations on health service support, health hazard assessment and the establishment of health standards.

Dual-hatted as the MEDCOM commanding general, West will oversee more than 48 medical treatment facilities providing care to nearly 4 million active duty members of all services, retirees and their Family members. MEDCOM is composed of three regional health commands, the Medical Research and Materiel Command, and Army Medical Department Center and School.

West earned her bachelor's degree in engineering from the United States Military Academy at West Point and her medical degree from George Washington University School of Medicine. She completed her

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Commander's Column



Capt. Marvin L. Jones
NSAB Commanding Officer

Happy New Year and welcome to 2016! I hope you all enjoyed the holiday season. Although 2015 was a challenging year, we excelled together. Undoubtedly, 2016 is expected to present a host of challenges, but I trust that you are poised and ready to make 2016 a year in which we take our collective organizations to unimagined heights. How will we achieve this? By working together – one team; one dream. We'll need every member of our NSAB family – staff, tenant commands and partner organizations – doing all they can to succeed in their various, important missions as we support our Services and our Nation.

Reflecting back on 2015, we witnessed the bittersweet retirement of Vice Adm. Matthew L. Nathan, the 37th Surgeon General of the Navy and former Commander of the National Naval Medical Center. In my estimation, one of Vice Adm. Nathan's greatest career accomplishments was leading the largest military medical integration and construction project in Department of Defense history, resulting in a world-class institution that proudly serves us today as our renowned Walter Reed Nation-

al Military Medical Center.

If you were fortunate enough to hear Vice Adm. Nathan speak, then you're keenly aware that he embraced and promoted the seafaring philosophy of "Ship, Shipmate and Self." While Vice Adm. Nathan is quick to disclaim authorship or ownership of this widely-used naval adage, he passionately espoused this message at each opportunity:

- SHIP Take care of the "ship". The ship is the mission, the environment or command we operate in. Take good care of those who rely on you in their hour of need or joy. We must all consistently ask ourselves where we fit into the overall mission and priorities of not just our commands, but of the entire DoD enterprise. We must honor our proud heritage and perform the mission without fail.

- SHIPMATE Take care of each other. Be vigilant to the needs and actions of your "shipmates" and watch out for one another. We must maintain an optimum level of professionalism at all times and remain on a path that supports our Service's core values. When someone starts to veer off that course or starts to show signs of trouble, step between your "shipmate" and trouble and help them course correct. We all need one another to succeed. Leave no "shipmate" behind.

-SELF Take care of yourself. You cannot care for others if you are not caring for yourself. Ask for help when needed. Asking for help does not mean you are failing, it means you are not alone — it's a sign of strength. We are all in this together and you must constantly reflect on your own needs and those of your family. Speak up so we can better equip you to meet the challenges you are facing. Self-reflection and awareness is also an important part of leadership and success.

On a ship at sea, every Sailor learns to depend on his shipmates, and every Sailor possesses the fighting spirit to maintain the ship above all else. At sea, during a fire, we can't call the fire department – we are the fire department. The ship and our shipmates are our priorities – followed only then, by our personal needs. Although I've addressed this axiom from a naval perspective, it has universal application and is equally relevant to each and every one of us – particularly our Soldiers, Airmen, Marines and civilian personnel. Shipboard experience is not required to grasp this concept.

Another noteworthy paradigm to apply is the Fleet and Family Support Center's emphasis on improving our life balance: "Family, Work, Self". We have responsibilities in each of these areas and it's important to ensure an appropriate balance across each. Too much focus on work and not enough on family and/or self will result in an imbalance, making us less effective employees. Make sure that outside of work, you take time to focus on your family and yourself so that your "head is in the game" when you come to work.

We can't predict what will occur in 2016, but as we embark on a new course for this year, let's take a holistic view and consider the aforementioned maxims. We are all on this "ship" together and must all depend on each other to keep it afloat. With every thought, word, or deed, our Soldiers, Sailors, Airmen, Marines and civilian counterparts should ask themselves what effect their actions will have on the "ship", their shipmates and themselves. I'm confident that working together, we'll be better prepared to meet the challenges that lay ahead this year. One team, one dream! Again, welcome to 2016.

Bethesda Notebook

Trauma Nursing Core Course

A three-day trauma nursing core course (TNCC) will be Jan. 20-22 from 7 a.m. to 4 p.m. each day in Bldg. 5, Rm. 4044 at Walter Reed National Military Medical Center. The interactive course is designed to provide core level trauma knowledge and psychomotor skill experience. It is worth 17.65 contact hours upon completion. For registration or more information, contact Irrine Buenviaje at irrine.l.buenviaje.ctr@mail.mil, or Wanda Richards at wanda.c.richards.civ@mail.mil.

GS Pre-retirement Seminar

A two-day pre-retirement seminar, open to all Walter Reed National Military Medical Center GS employees planning to retire within the next five years, will be Jan. 25-26 from 8 a.m. to 4 p.m. Space is limited and registration must be done in advanced. To register, contact Lisa Wilson at 301-319-8510 or at lisa.s.wilson.civ@mail.mil. The seminar is sponsored by the NCR-MD. Another will be offered in June.

TeamSTEPPS Training

The two-day train-the-trainer course for TeamSTEPPS (Team Strategies and Tools to Enhance Performance and Patient Safety) is Jan. 28-29 from 8 a.m. to 4:30 p.m. each day in Bldg. 5, fourth floor, Rm. 4027. The course is designed to assist staff in improving patient outcomes by improving communication and teamwork skills. For registration and more information, contact Hospital Education and Training at classregistration@health.mil or call 301-319-5209.

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NSAB Security Teach Young Cadets About Law Enforcement

By **ANDREW DAMSTEDT**
NSAB Public Affairs
staff writer

It's not every day that a bunch of middle schoolers get to whack a police officer.

But that's what happened at the end of their visit to Naval Support Activity Bethesda's (NSAB) Police Department, where the junior cadets were shown how law enforcement trains to takedown a subject correctly and without seriously injuring them.

Several of the 27 middle school students from James Madison Middle School and Oxon Hill Middle School lined up to hit Master-at-Arms 3rd Class Brandon Fruge (who was wearing a red protective suit) with Master-at-Arms First Class Jonathan Cales instructing them on the correct ways to take down a suspect.

"It's not to get [into] a one-on-one fight with someone," Cales said. "In the law enforcement community strength comes in numbers. There's no such thing as a fair fight. If someone walks up to my post

at the gate and they hit me in the face, my first thing is not to hit them back. I'm going to create distance and I'm going to get to my baton, get back to my (pepper spray), get back to my tool belt."

Cpl. John Brown of the Prince George's County Sheriff's Office said the students meet two to three times a week in their Cadet Positive Deputies Assisting Youth Program where they learn about law enforcement, conflict resolution and ways to keep safe.

"Middle school is a crucial time; it's where they are trying to find themselves," Brown said.

He said the cadets are exposed to various occupations in law enforcement and that was what brought them to visit NSAB Dec. 21.

NSAB Commanding Officer Capt. Marvin L. Jones welcomed the students and asked them whether they knew what happened on the installation.

Responses from the students were: helping wounded warriors, com-

mand safety, training people to be in the Navy, keeping the country safe and training to fight in war.

"Primarily at Naval Support Activity Bethesda, our mission is to provide a place where people can heal, where the educators and providers can practice their skill set and those who come to visit can feel comfortable," Jones said.

He said security forces is a job that a lot of people don't really notice every day.

"It's one of those thankless jobs," he said.

Master-at-Arms First Class Colleen Dibble coaxed the students to tell her what they learn in their program and gave them information about staying safe online, how to prevent bullying and alcohol safety.

"How many want to be a police officer?" she asked, to which several of the students raised their hands.

Then she went over some of the various security careers in the Navy and showed them a video of her going through oleoresin capicum (OC)



PHOTO BY MC2 HANK GETTYS

Several of the 27 middle school students from James Madison Middle School and Oxon Hill Middle School lined up to hit Master-at-Arms 3rd Class Brandon Fruge (who was wearing a red protective suit) with Master-at-Arms First Class Jonathan Cales instructing them on the correct ways to take down a subject at Naval Support Activity Bethesda Dec. 21.

spray training.

After seeing the video and watching Cales demonstrate some of the

hits with the training baton, the students were eager to try out some of the techniques demon-

strated. That's when the students lined up to hit Fruge, who took each of the hits in stride.

Best Transplant Outcomes in Region at WRNMMC

By **Sharon Renee Taylor**
WRNMMC Public Affairs
Staff Writer

Walter Reed National Military Medical Center (WRNMMC) has the best organ transplant outcomes in the greater Washington-Baltimore region, according to the Scientific Registry of Transplant Recipients (SRTR), a regulatory body that tracks transplant program outcomes. Hospitals in the same region that report to the SRTR every six months with WRNMMC include Inova Fairfax Hospital in Virginia and Johns Hopkins Hospital in Baltimore.

"Our patient and graft survival are nearly 100 percent and better than any other program in the area," explained Army Maj. (Dr.) Jason Hawk-

sworth, transplant chief at WRNMMC. The graft survival rate for the transplanted organs is 98 percent, he said. "In the next cycle we're expected to have 100 percent in both."

During the 18-month period covered in the SRTR report, WRNMMC performed 63 kidney transplants as the only military treatment facility (MTF) in the Department of Defense (DoD) to perform transplants.

"There aren't a lot of programs that can say they have perfect outcomes," Hawksworth said. "It speaks highly of our transplant program at WRNMMC."

The multi-disciplinary approach used is partly responsible for the high rate of successful transplant outcomes, according to Army Col. (Dr.)

James D. Oliver, chief of the nephrology service who explained the integrated practice at WRNMMC.

"Nephrology and Organ Transplant Services have been physically co-located in the same clinic since the beginning," he said. "We discovered long ago that the best way to serve our patients was to have physicians, nurses, transplant coordinators, pharmacists, psychologists, social workers, and dieticians all literally sitting at the table together, addressing not only the complex medical issues but also psychosocial and emotional needs. And we're very fortunate and grateful to have this dedicated support from other services permanently embedded in our clinics."

WRNMMC performs an average of 25 transplants per year, according to officials there. The medical center maintains a living donor kidney transplant program that participates in national paired kidney exchanges. The wait-time for a kidney transplant at WRNMMC is shorter than the national average. The WRNMMC transplant program follows post-transplant patients progressively over their lifetime and very closely for the first year, according to Hawksworth.

He explained another factor that places the WRNMMC transplant program above others in the greater Washington-Baltimore region.

"The caveat is they do higher-risk transplants than we do, and they do more trans-

plants than we do. We are fairly conservative because it's a small program but nonetheless our outcomes are great. We're proud of this accomplishment," the transplant surgeon added.

A 100 percent patient survival rate and a 98 percent graft survival rate helps reassure patients, Hawksworth said.

"[Patients will] know if they have a transplant here at WRNMMC, the likelihood of them surviving and their [transplanted] organ maintaining is really good," he explained. "That's important for our patients who come from all over the country to get transplant care here, to show that they're getting the best possible care that they can."

WRNMMC Honors Sailors of the Year

By **JAMIE PETROSKEY**
WRNMMC Public Affairs
staff writer

To be honored as Sailor of the Year (SOY), a few parameters must not only be met, but surpassed.

Those Sailors at Walter Reed National Military Medical Center (WRNMMC) achieving that honor in 2015 included Bluejacket of the Year (E-3 and below), Hospitalman Munzil Yakub; Junior Sailor of the Year (E-4), Hospital Corpsman (HM) 3rd Class Jacob Mcfarlane; Sailor of the Year (E-5), HM2 Amber Barak; and Senior Sailor of the Year (E-6), HM1 William Davis.

To be nominated for SOY “each Sailor is assessed through various standards ranging from knowledge of command and Navy-wide programs and policies to personal excellence and professional military appearance,” Yakub explained.

Originally born in Ghana, West Africa, Yakub is a urology technician for the urology clinic at WRNMMC. He came to the United States in 2009. When asked what inspired him to join the Navy, Yakub said he believed it would “be a great honor to serve in the world’s greatest Navy.”

Yakub added he hopes to inspire younger Sailors, and to one day be commissioned as an officer. For those aspiring to become 2016 SOY, Yakub suggests Sailors “adhere to the Navy core values and find mentors to help shape up their aspirations.”

Mcfarlane, WRNMMC’s 2015 Junior SOY, said, “To be honored for doing what I love, which is being involved, and working to the best of my ability is truly an honor. There’s nothing like it!”

The assistant leading petty officer of the Urology Clinic, Mcfarlane was touted as, “An inspirational leader [who] improves current readiness by striving for excellence in establishing the core fundamentals for junior personnel and by fortifying the current foundation of the Sailors that he leads on a daily basis,” by Army Master Sgt. Petelo Mikaele, directorate senior enlisted leader (SEL).

Originally from Branford, Connecticut, Mcfarlane has earned an associate’s degree in advertising and a bachelor’s degree in graphic communications. His goals include earning an Officer Candidate School commission in the Information Dominance Corps.

As WRNMMC’s Sailor of the Year, Barak also sets high standards, according to her supervisors and peers. The correspondence manag-

er for the Office of the Director for WRNMMC, Barak says her selection as SOY was not only “a humbling experience, but an honor that will be taken with [her], and built-on over the course of [her] career in the Navy.”

A native to Galt, California, Barak comes from an Air Force family; both her mother and father served in the U. S. Air Force. This familial background to serve ultimately led to her decision to join the military, she said.

Outside her general duties, Barak serves as a member of a number of WRNMMC associations such as the Coalition of Sailors Against Destructive Decisions (CSADD)/Better Opportunities for Single Soldiers (BOSS), the Holiday Ball Decorations Committee, and the Joint Volunteer Program (co-founder).

“I love to volunteer in my free time, and this gave me the tools to provide volunteer opportunities to other service members and their families. It feels exhilarating when people get excited about volunteering in the community,” Barak said.

“The SOY program isn’t about winning, but challenging yourself to be the best version of you,” she said.

Davis, WRNMMC’s Senior SOY, is originally from Middlesboro, Kentucky. He is the Navy SEL in the Hospital Education and Training Center. He explained his father inspired him to join the Navy.

His father served in the Navy for 21 years, retiring in 1976. Davis was 13 when his father died from cancer. “[He] thought the Navy had a huge impact on the way he was, so I joined the Navy in hopes of being like him,” said the hospital corpsman 1st class.

For Davis, being a SOY means, “You have to understand that it’s not about you anymore; it’s more about your contributions to the command, working as hard as you can for those that you lead, genuinely caring about the work that you do, and for the people around you.”

This is emanated by his command’s statement for nomination, which states of Davis: “His dedication and willingness to complete the mission set the bar for his peers to emulate. His abilities as a leader have exceeded my expectations of what I normally would expect of a seasoned Chief Petty Officer. He is a truly dedicated Sailor who constantly seeks personal and professional improvement and inspires the same in those Sailors, Soldiers and Airmen under his charge.”



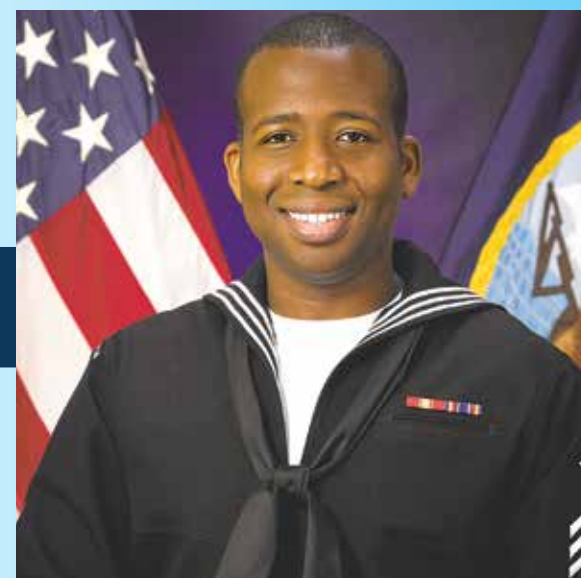
Senior Sailor of the Year
HM1 William Davis



Sailor of the Year
HM2 Amber Barak



Junior Sailor of the Year
HM3 Jacob Mcfarlane



Bluejacket of the Year
HN Munzil Yakub

Resolve to Stay Financially Fit in the New Year

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

Often, when he teaches a class on personal financial management, Brian Pampuro will ask how many people know the Pythagorean Theorem.

"Without question, everyone raises their hand," said Pampuro, a Fleet and Family Support Center (FFSC) personal financial manager. "How often do you use that? Most people don't, but we spend money every day. Flip on a light switch, you spent money; eat food, you spent money, put a shirt on your back, you spend money. So when you think about it, I find it somewhat humorous that what it takes to sustain us in life costs money, but nobody ever teaches us how to manage it. We're left to our own devices."

Knowing how to manage personal finances is something Pampuro said he wished he learned in school so when he joined the Navy at age 17 he would've been able to better manage his finances. But now, as a personal financial manager he counsels those that come into his office to learn from his mistakes. He also advises people to always look forward when plan-

ning their financial future.

Naval Support Activity Bethesda (NSAB) FFSC's three personal financial managers' No. 1 goal is the prevention of financial difficulty, Pampuro said. They'll not only counsel service members and their families but also meet with civilian and contract employees.

"When you think about what the folks on this base are dealing with every day, trying to take care of the sick and injured, the logistical support, we want folks to be able to go to work and focus on the mission and not worrying about, 'am I going to be evicted today? Am I going to get my car repossessed today?'"

Some financial advice the FFSC personal financial managers give include eight basic steps to financial fitness:

1. Know your leave and earnings statement
2. Use a spending plan (budget)
3. Track your income
4. Know your net worth (assets minus liabilities)
5. Know your debt-to-income ratio
6. Know how your net income is being disbursed (living expenses, debt ratio, savings)



7. Know your credit score/history (check annually)

8. Set your long- and short-term financial goals

He said a person's No. 1 short-term goal should be to shore up their emergency funds and the No. 1 long-term goal should be working toward retirement.

Pampuro rattled off a list of questions to ask oneself when evaluating financial health: "Am I being a good consumer? Am I making good consumer choices? Am I planning for my future? Am I using a good budget and spending plan? Am I using coupons

and saving money? Am I talking to my kids (about money management)?"

Every month, the FFSC offers classes focused on personal financial management. In January, there is a car buying class on Wednesday; a class for developing a spending plan Jan. 20; and a thrift savings plan class, Jan. 26th. The classes are held in Building 11 in classroom 171 at 10 a.m.

The personal financial managers will also go out and teach the classes to any interested departments and should contact Pampuro at 301-400-2414 or email: brian.d.pampuro.civ@mail.mil.

WRNMMC Welcomes First Baby of 2016



By **BERNARD S. LITTLE**
WRNMMC Public Affairs staff writer

Ava Katherine Shamlin became the first baby of the year born at Walter Reed National Military Medical Center (WRNMMC) in 2016 when she made her ap-

pearance on Jan. 1 at 3:24 p.m.

"She weighed 8 pounds, 7 ounces and measured 21 inches long," said the newborn's proud mother, Air Force Senior Master Sgt. Deborah Shamlin, assigned to the Pentagon.

In addition to father

Austin, big brothers Brandon, 12, and Anthony, 9, were also on hand to welcome their little sister Ava into the world upon her arrival at WRNMMC.

Mother and daughter are doing well and have been discharged from the hospital.

New Wendy's Opens on NSAB



PHOTO BY ANDREW DAMSTEDT

Navy Exchange General Manager Greg Thomas, with the help of Naval Support Activity Bethesda Commanding Officer Capt. Marvin L. Jones and Wendy's employees, cuts the ribbon marking the official opening of the fast food restaurant onboard the installation Dec. 30.

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YEAR IN REVIEW CONTINUED FROM PAGE 1

cians fulfill the information demands of government, business and scholarly communities and the American public.

The National Intrepid Center of Excellence (NICoE) earned honors for merit in information technology, innovation and teamwork in 2015. The center, dedicated to providing cutting-edge evaluation and treatment to service members diagnosed with traumatic brain injuries as well as psychological health disorders, received special recognition from Government Computer News for successful innovation of the continuity management tool NICoE launched in 2014.

The Visual Information (VI) Directorate located at Walter Reed Bethesda won the 2014 Production of the Year in the Department of Defense's (DoD) 2014 Visual Information Production Awards. Operating under the Navy's Bureau of Medicine and Surgery (BUMED), the VI Directorate won a total of four awards.

Wounded, ill and injured warriors from WRNMMC were among the nearly 250 athletes in the 2015 DoD Warrior Games held in June at Marine Corps Base Quantico, Va. Army Staff Sgt. Monica E. Martinez won gold in the women's handcycle (H5) division and Army veteran Sgt. Stefan Leroy took gold in the men's division. Navy Aviation Electrician's Mate 2nd Class Daniel Crossley, as well as Navy Chief Petty Officer Averill Malone were also among the Warrior athletes from WRNMMC competing with teams from the Army, Marine Corps, Navy, Air Force, Special Operations Command, and the British Armed Forces in sports such as archery, track and field, shooting, sitting volleyball, swimming, and wheelchair basketball.

In September, Army 2nd Lt. Andrea Dorsey, a nurse and Air Force Capt. Richard Pate, a nurse who serves as aide to the director of WRNMMC, were among the 21 service members to earn the coveted Expert Field Medical Badge (EFMB) during testing at Joint Base McGuire-Dix-Lakehurst in New Jersey. The EFMB is a symbol of excellence and an outward sign of technical and tactical proficiency in battlefield care, and this was the first time WRNMMC hosted testing for the badge, which celebrated its 50th anniversary in 2015.

Also in September, more than 40 Walter Reed staffers returned to WRNMMC from a six-month deployment for the Continuing Promise 2015 humanitarian mission to Central America, the Caribbean, and South America aboard the USNS Comfort (T-AH-20). The Comfort's deployment was the first for the hospital ship since 2011.

Important changes in leadership on base took place in 2015. Rear Adm. (Dr.) Raquel Bono was promoted to vice



PHOTO BY SHARON RENEE TAYLOR

Wynette "Winnie" Rodney prepares burgers for the lunch-hour crowd. Winnie, who is battling breast cancer, is popular among the café's patrons because of her pleasant smile and cheerful disposition, which lifts many spirits.

admiral. Bono, the former director of the National Capital Region Medical Directorate (NCR-MD) was named the second director of the Defense Health Agency (DHA).

A Soldier and a physician, WRNMMC Director Maj. Gen. Jeffrey B. Clark was promoted to his current rank in 2015, and later named acting director of the NCR-MD. He will become director of healthcare operations at DHA this year.

In July, Navy Capt. Marvin L. Jones became the Naval Support Activity Bethesda commanding officer, replacing Capt. David A. Bitonti, who retired after a 30-year career.

Also in July, Col. Richard S. Lindsay took over command of U.S. Army Element Troop Command North from Lt. Col. Richard A. Villarreal.

Army Col. Michael Heimall assumed the position of WRNMMC's chief of staff in August. Prior to that he served as Assistant Chief of Staff, TRICARE Transition, Western Regional Medical Command, Joint Base Lewis-McChord, Washington. He is currently serving as acting director of WRNMMC.

The WRNMMC year-in-review ends with rousing stories of inspiration from both patients and staff. In July, off-duty Hospital Corpsman 2nd Class Matthew Blake, attached to the Navy Medicine Professional Development Center, saved the life of a fellow passenger on a commercial flight. Army 2nd Lt. Michael Polmear, a second-year medical student at the USU, saved his own life in July with his combat medical skills training after a boulder struck his arm during a rock climb. With an upper arm bone protruding through the skin, the Soldier kept himself alive despite profuse bleeding and lost sensation in his left hand.

Six-year-old Michael Erlandson faced

YEAR IN REVIEW

CONTINUED FROM PAGE 6

leukemia like “Superman,” according to his mother Sandi. Their Month of the Military Child story chronicles nearly a year, while Michael and his family experienced rounds of chemotherapy, radiation, check-ups, anti-nausea medicine, lumbar punctures and CT scans as well as nighttime visits to the Emergency Room and inpatient stays. Children diagnosed with cancer are all heroes faced with the greatest challenge of their young lives, explained his mother, and father Army Maj. Michael Erlandson. Young patient Michael

wrote, “I hate ‘lookeemea’ [leukemia], but I am going to be over with it soon and I will get better soon and I will get better. So, I am not worried. I am not scared either, so I will get better.”

In September, the story of Wynette “Winnie” Rodney and her fight with breast cancer moved WRNMMC patients, staff and her colleagues at Café 8901. She stands at the grill serving omelets, with a wide grin and cheerful disposition to make the day a little better for the people she serves. When Winnie received her diagnosis, she said, “I didn’t

give myself the opportunity to cry.” Well-liked by many regular Café 8901 patrons, she greets any anger, sadness or worry with her winning smile and cheerful disposition. “Everyone goes through something,” Winnie said. “Customer service first. I always try to give them a smile, even if it hurts. All I want to do is keep standing.”

The year closed out with a number of Sailors from various commands on Naval Support Activity Bethesda recognized as Sailors of the Year for their service to the nation.

As one productive and encouraging year concluded, another year begins with as much promise and encouragement.

SWORN IN

CONTINUED FROM PAGE 1

internship and residency in Family Medicine at Martin Army Hospital, Fort Benning, Georgia. During this assignment she deployed with the 197th Infantry Brigade, 24th Infantry Division during Operation Desert Shield and was attached to the 2/69th Armored Battalion during Desert Storm.

She then served at Blanchfield Army Hospital, Fort Campbell, Kentucky as a staff family physician and then the Officer in Charge of the Aviation Medicine Clinic. While there she also participated in a medical mission with

the 5th Special Forces Group (Airborne).

West completed a second residency in dermatology at Fitzsimons Army Medical Center and the University of Colorado Medical Center in Denver, Colorado. She was then assigned as the Chief, Dermatology Service at Heidelberg Army Hospital in Germany.

She has held previous assignments as Commanding General, Europe Regional Medical Command; Commander of Womack Army Medical Center, Fort Bragg, N.C.; and Division Surgeon, 1st Armored Division, Army Europe and

Seventh Army, Germany.

West, who hails from the District of Columbia, was also Deputy Commander for Integration at the National Naval Medical Center (NNMC), Bethesda, Maryland, where she became the first Army officer to join the leadership team at NNMC, prior to its integration with Walter Reed Army Medical Center to become the Walter Reed National Military Medical Center (WRNMMC).

With her current appointment, West becomes the first black Army Surgeon General and the highest ranking female to have graduated from the U.S. Military Academy at West Point.



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